

# Diabetes & Nutrition

## OCTOBER 2024



### Who We Are

We are committed to helping patients live well as they manage their diabetes and nutrition:

- Linda Peters, Administrative Assistant
- Caroline Hackley, M.Ed., RDN, CDCES
- Kara McGill-Meeks, MS, RDN, CDCES
- Kathy Berger, RDN
- Rebecca Loflin, RN, BSN

Services	Description	Date, Time, Location
<b>Diabetes Self - Management Workshop Series (referral required)</b>	Training on how to manage your diabetes in a supportive group setting.	2 classes Monday, October 7th and 14th at 4-6pm in the Endocrinology Conference Room
<b>Prevent Diabetes Class Series (No cost)</b>	A month-long session course to help participants prevent or delay the progression of type 2 diabetes	Tuesdays November 5th, 12th, 19th, and 26th, 9:00-10:30 am. Endocrinology Conference Room. Call to register.
<b>Diabetes Prevention Class Single one-time class (No cost)</b>	Learn the basics of diet and activity to reduce your risk of type 2 diabetes.	Tuesday, October 22nd, 9am in the Endocrinology Conference Room. Call to register.
<b>Diabetes Prevention Program Maintenance Support Group</b>	Virtual, ongoing support and education for those who completed the diabetes prevention program	Thursday, October 3rd at 8:30am, OR 5:30pm. Both are using WebEx platform.
<b>Dietary Approaches to Stop Hypertension (DASH) Class (No cost)</b>	Learn about the DASH Nutrition program to help manage high blood pressure	Thursday, October 24th, 9am in the Endocrinology Conference Room. Call to register.
<b>Diabetes Support Group</b>	Meet with others to give and receive support in managing diabetes while learning about relevant topics	We are taking a summer break, we will plan to resume this group in the fall.
<b>Individual Dietitian Appointment (referral required)</b>	Meet with a dietitian for 1-on-1 counseling for Medical Nutrition Therapy	Once we receive referral we will contact you for appointment.
<b>Pulmonary Nutrition Class (No Cost)</b>	Learn about what you can do to improve your nutrition with Pulmonary disease.	Thursday, November 21st, 1:00pm in the Mannix Conference Room (H&V Building). Call to register.

**Pre-registration is required for all classes to update patients on any changes.  
Please call (540) 213-2537.**

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